

BANANA *Nice Cream*

PREP
5 min

COOK
1 min

TOTAL
5 min

YIELD
1 serving

Ingredients

2 overripe large bananas, sliced and frozen

Splash of milk of choice, if needed

Pinch of salt, if desired

OPTIONAL

1 tablespoon peanut butter

1 tablespoon chocolate chips

Directions

- 1** Place banana and salt (if using) into a blender or food processor. Blend until smooth, adding milk if needed to help create a creamy texture.
- 2** Scoop into serving bowls. Top with any desired toppings and serve.

Nutrition Facts (per large serving): 242 calories, 0.9g fat, 0.3g saturated fat, 2.7mg sodium, 62g carbohydrate, 7.1g fiber, 2.4g sugar, 3.0g protein